

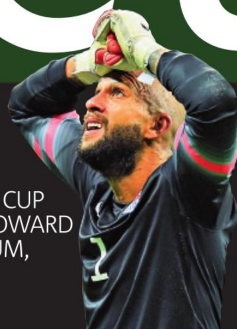
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THE U.S. WOULD NOT GO QUIETLY

HE MADE THE MOST SAVES IN WORLD CUP HISTORY, BUT U.S. GOALKEEPER TIM HOWARD COULDN'T HOLD OUT AGAINST BELGIUM, WHICH WILL FACE ARGENTINA IN THE QUARTER-FINALS **PAGE 14**



Time to bust out the tinfoil

If we're all just Internet-age lab rats, then Facebook is holding the clipboard **PAGE 7**

Senators set Spezza free

Sens captain heads down to Dallas after Bryan Murray grants his trade wish **PAGE 3**

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Canadians flock to the nation's capital for a day of fun, pomp and togetherness. From left, Shoshana Sahler, Rob Turner and Stephanie Horst show off their Canada Day pride on Wellington Street. See story on page 2.

DENIS ARMSTRONG/METRO



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'The one day of the year we all come together'

Happy 147th birthday!

Around 25,000 people gathered at Parliament Hill to party it up for Canada Day

DENIS ARMSTRONG
ottawa@metronews.ca

We all know that Canadians make up a diverse tapestry, but on Parliament Hill for Canada Day festivities, the look was red and white and the tapestry's message is easy to read: We love this country and each other.

An estimated 25,000 people from all across Canada packed Parliament Hill to party it up for the nation's 147th anniversary. Even more people crowded onto Wellington Street, Sparks Street and the rest of the capital's core.

Rex and Rhonda Jansen, from Mississauga, spent their honeymoon here in 2012. Two years later, they thought there would be no better way to mark their second wedding anniversary than to return to Ottawa for Canada Day.

"We love this city and where else are you going to get the uber-Canada experience?" asked Rex.

The Canada Day pilgrimage to Parliament Hill has become something of an annual ritual for Ushindi Kabamba, originally from the Democratic Republic of the Congo. She has spent every July 1 on Parliament Hill since moving to Ottawa in 2007.

"It's exciting to feel free,



From left, Ottawa teens Charlotte Ross, Taylor Toll and Katie Parlardg said July 1 is the one time Canadians all come together. DENIS ARMSTRONG/FOR METRO

the freedom to be happy, and share it with so many people," she said.

About a flag-length from Kabamba stood 11 members of the Borbor family celebrating their first Canada Day together since immigrating from Ecuador last year.

"I feel very blessed to be in this happy country," said George Borbor. "Canada opened its doors to us."

Veteran Canada Day celebrants, and best buds, Dorn Roche and Laurie Alphonse were there to see the Prime

Minister and catch some of the show before going sailing at the Nepean Yacht Club.

"People say that Canadians aren't patriotic but that isn't true," said Alphonse. "We show it one day a year."

Old friends Ginette Caya and Martin Rioux from Montreal said they were impressed with Canada Day in Ottawa.

Wearing a Canadian flag, Rioux brought Caya from Montreal for her first Canada Day party on Parliament Hill.

"Canada Day is not a big production in Montreal,"

Celebrating

"It's exciting to feel free, the freedom to be happy, and share it with so many people."

Ushindi Kabamba, who has spent every July 1 at Parliament Hill since moving to Ottawa in 2007.

Rioux admitted.

Ottawa teens Charlotte Ross, Taylor Toll and Katie Parlardg said July 1 is the one time Canadians all come together.

As their favourite band, Marianas Trench, played full-tilt, Ross, Toll and Parlardg

agreed it was important to visit Parliament Hill on July 1.

"It's the one day of the year we all come together," said Toll. "This is the best country in the world."

"It's fun to celebrate us," she said.



Prime Minister Stephen Harper, his wife Laureen, Sharon Johnston and her husband, Governor General David Johnston, arrive on Parliament Hill. DENIS ARMSTRONG/FOR METRO



The Snowbirds fly over the East Block of the Parliament buildings. DENIS ARMSTRONG/FOR METRO



Ushindi Kabamba has spent every July 1 on Parliament Hill since moving to Ottawa in 2007. DENIS ARMSTRONG/FOR METRO

Composting. City wins first round of arbitration against Orgaworld firm

The City of Ottawa has come out on top in an arbitrated dispute with Orgaworld, the firm that collects the city's compostable waste.

But there may yet be more rotten relations between the two parties as Orgaworld will reportedly seek to overturn the decision, which was announced Monday.

City solicitor Rick O'Connor announced in an email Monday that an arbitrator had ruled "Orgaworld must accept for processing, a waste stream that is comprised of kitchen organics and leaf and yard waste and these may be co-mingled in the same truck," and that the firm must accept the city's leaf and yard waste during

peak season.

The city and Orgaworld got into a dispute over whether yard waste could count toward the 80,000 tonnes of organic waste that the city had committed to when it signed a 20-year deal that said the city would pay \$8 million a year, whether or not it met the 80,000 tonnes. The city topped that limit in 2013, but Orgaworld refused to accept some of the leaf waste, sending it on to the dump and processing only 69,000 tonnes of organics.

The arbitrator dismissed Orgaworld's claim for \$1.284 million in damages against the city and also ruled the city had not acted or negotiated in bad faith. **METRO**

Besserer Street

Man charged after allegedly following woman home

Police have charged an Ottawa man they allege followed a woman from her work to her home, and who was caught climbing up her Besserer Street apartment's fire escape.

The woman called police, and officers arrested the man on the fire escape.

Police charged Nachat Ramadan, 31, of Ottawa, with one count of prowling at night upon the property of another person and one count of harassment by watching and besetting. He appeared in court Monday and was released with a number of court-imposed conditions. **METRO**

Wellington Street

Two charged after RCMP car pursuit

Police have laid charges following an RCMP pursuit that ended with a car crashing into an RCMP SUV on Wellington Street, injuring a female passenger and an RCMP officer. The RCMP say the car they were pursuing was stolen.

Tyler Hutchinson, 19, of Ottawa, was charged with possession of stolen property over \$5,000, failure to stop for police, criminal negligence causing bodily harm, dangerous driving causing bodily harm and breach of probation. Shane Reely, 23, of Ottawa, has been charged with possession of stolen property over \$5,000 and breach of a recognizance. **METRO**



Jason Spezza smiles during NHL hockey practice with the Senators in Ottawa on May 18, 2013. FRED CHARTRAND/THE CANADIAN PRESS

Senators say so long to Spezza in trade with Stars

Draft. Sens gain forward Alex Chiasson, forward prospects Alex Guptill and Nicholas Paul and a second-round pick in next year's draft

Quoted

"It was a decision I felt was tough, but it's a decision that had to help myself and just move forward."

Jason Spezza, on leaving his position as captain of the Ottawa Senators to play for the Dallas Stars

Jason Spezza has been granted his wish to be traded away from the Ottawa Senators.

The Senators traded their captain to the Dallas Stars on Tuesday for NHL forward Alex Chiasson, forward prospects Alex Guptill and Nicholas Paul and a second-round pick in next year's draft. Dallas also receives forward prospect Ludwig Karlsson in the deal.

Spezza, who is set to be an unrestricted free agent next summer, had asked for a trade and general manager Bryan Murray said he would try to accommodate him.

"I think it was best for me to move on, and I think Bryan felt it could help the team to help me move on, too," Spezza said on a conference call Tuesday afternoon.

Once free agency opened, the Senators re-signed winger Milan Michalek to a three-year

deal worth \$12.8 million.

Spezza, 31, had control of his destination with a limited no-trade clause. He designated 10 teams he would not accept a trade to, which included the Nashville Predators, who had a deal done at this past weekend's draft.

Spezza refused to waive the no-trade clause, leaving Murray to regroup and look for other options.

In his first and only season replacing Daniel Alfredsson as

captain, Spezza had 23 goals and 43 assists. He was the Senators' top-scoring forward.

Spezza reportedly had disagreements along the way with coach Paul MacLean, but said: "By no means was Paul MacLean the reason I wanted to get traded."

Chiasson, a 23-year-old right-winger, has 19 goals and 23 assists in 86 career NHL games.

Guptill, 22, was a 2010 third-round pick of Dallas and spent the past three seasons at the University of Michigan before playing five games for the AHL's Texas Stars.

Paul, a 19-year-old left-winger, was a fourth-rounder in 2013 and played for the North Bay Battalion last season.

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Flooding causes chaos in Prairies

Saskatchewan and Manitoba. Dozens of communities under states of emergency as heavy rains force more than 500 from homes

More than 150 acute-care patients and long-term residents were moved from a hospital in eastern Saskatchewan because of flooding.

The full-scale evacuation at St. Peter's Hospital in the city of Melville, about 145 kilometres northeast of Regina, took place because a creek behind the facility was rising Tuesday.

Emergency management commissioner Duane McKay says the water has not entered the hospital and crews are

building a berm on a driveway behind the facility.

"The water has not touched the building and the work that's going there is to ensure that it never gets to the building," said McKay.

The evacuation comes because a deluge of rain caused widespread flooding in eastern Saskatchewan and western Manitoba.

Officials had said Monday that parts of southeast Saskatchewan got more than 240 millimetres of rain over the weekend, while some parts of western Manitoba reported more than 100 millimetres. However, those figures came out while the water was still coming down in many communities.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba. That number will

'Unprecedented'

Saskatchewan Premier Brad Wall says early estimates show the "unprecedented rainstorm and flooding" will be costly.

- "We think we're looking at an event that was larger in financial impact than the 2011 flood because it's so widespread, because the number of communities are so significant and

also because of the major infrastructure and highway damage," Wall said Tuesday in Saskatoon.

- Wall said it's hard to assess some of the highway damage because the roads are still under water. At least 19 sections of highways in eastern Saskatchewan were closed to travel Tuesday.

likely rise as officials started asking people living along the river in Virden, Man., to leave their homes on Monday night.

Saskatchewan Social Services says communities have stepped up to help each other.

For example, people who fled their homes in Gainsborough, Sask., on Sunday night

found themselves welcomed into homes by residents in the town of Carnduff. An emergency shelter set up for the evacuees was empty.

Meanwhile, McKay also says the number of communities under states of emergency has jumped to 53 in Saskatchewan. **THE CANADIAN PRESS**



More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba due to widespread flooding. COURTESY SASKATCHEWAN MINISTRY OF HIGHWAYS

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Ford greeted by boosters, booers during parade



Rob Ford greets Torontonians on Canada Day. **THE CANADIAN PRESS**

AUGMENTED REALITY

→ From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.



→ See full instructions on Metro's Voices page.

Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said while his aides handed out mini "Ford Nation" flags and magnets to the crowd.

His march along the parade route was slow and halting, leaving him lagging behind rivals John Tory and Olivia Chow as a steady stream of fans stopped to take their picture with him and shake his hand.

Supporter Helen Papathanasakis said he seems to have benefitted from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

Others weren't so eager to see Ford among the marchers.

"It's a travesty to have him in the East York parade.... I just don't think I can stand here and not say something against his presence," said Elinor Mahoney. **THE CANADIAN PRESS**

Court upholds France's ban on veils

The European Court of Human Rights on Tuesday upheld France's law banning face-covering Muslim veils from the streets, in a case brought by a woman who claimed her freedom of religion was violated.

The ruling by the Strasbourg-based court was the first of its kind since France passed a law in 2010 that for-

bids anyone to hide his or her face in an array of places, including the street.

The court's Grand Chamber rejected the arguments of the French woman in her mid-20s, a practising Muslim not identified by name. She said she doesn't hide her face at all times, but when she does, it is to be at peace with her faith, her culture and

Face-covering fine

150

Number of euros (\$218) anyone who covers their face can be fined under French law — or they can be sent to a citizenship class.

convictions. She stressed in her complaint that no one, in-

cluding her husband, forced her to conceal her face.

The court ruled that the law's bid to promote harmony in a diverse population is legitimate and doesn't breach the European Convention on Human Rights.

Critics of the ban contend the law targets Muslims and stigmatizes Islam.

THE ASSOCIATED PRESS



A woman named Najat is shown at a news conference in May 2010, holding her French passport. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS FILE

Sarkozy. Ex-president of France allegedly linked to \$50M from Gadhafi

Former French President Nicolas Sarkozy was in police custody Tuesday, apparently under questioning in an investigation linked to allegations that he took \$50 million in illegal campaign funds from Libya's Moammar Gadhafi.

But will the shocking detention and sordid case torpedo Sarkozy's chances at a presidential comeback?

Maybe not.

Sarkozy, a political survivor who's been touring the world with his pop singer wife, is still among the most popular politicians in France despite a pile of investigations that target him.

The 59-year-old hasn't been convicted of anything and remains well-known on the international stage. And he may be his troubled conservative party's best chance to regain the presidency in 2017, after losing it to Socialist Francois Hollande in 2012.

A judicial official said



Former French president Nicolas Sarkozy, 59, remains popular. LIONEL CIRONNEAU/THE ASSOCIATED PRESS FILE

Sarkozy was detained for questioning Tuesday at the headquarters of the judicial police in the Paris suburb of Nanterre. French police would not provide any details.

Sarkozy could be held up to 24 hours, which could be extended for another day. After the questioning, he could be released without charge, named as a witness in the case or handed preliminary charges.

THE ASSOCIATED PRESS

Changing times

Russia abandons endless 'summer'

Russia's legislature, often accused of metaphorically turning back the clock, has decided to do it literally — abandoning the widely disliked policy of keeping the country on daylight-saving time year-round.

The 2011 move to impose permanent "summer time" was one of the least popular initiatives of Dmitry Medvedev's presidency.

It forced tens of millions to struggle to their jobs in pitch darkness during the winter months.

THE ASSOCIATED PRESS

Conviction overturned

'Cannibal cop' released from jail

A former New York Police Department officer left jail on Tuesday after a judge overturned his conviction in a bizarre case accusing him of plotting to kidnap, kill and eat young women.

Judge Paul Gardephe ruled that there was insufficient evidence to support a jury's guilty verdict in the kidnapping conspiracy conviction of Gilberto Valle, 40.

His lawyers had argued that the alleged plots were really fantasy online role play that never put anyone in harm's way.

THE ASSOCIATED PRESS



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New gadgets to track your every swing, step and shot

Big business.

Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a \$2-billion industry

LIA
GRAINGER
ottawa@metronews.ca

There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice. Now, thanks to a booming \$2-billion digital-health industry, there's a whole range of sport-specific tech gadgets that claim to help both professional and amateur athletes train smarter.

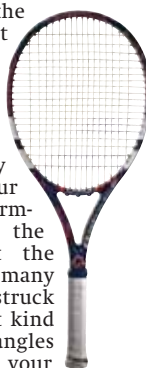
"Never before have you been able to so easily gauge your performance," says col-

umnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, \$450

Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, what kind of spins and angles you've put on your shots. "How many



times have you used your forehand and backhand? Now you can get that information," Saltzman says. All of the information can be loaded to a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VÍVOFIT, \$150

Activity trackers that count your steps, stairs and strides per day are nothing new, but this bracelet-style fitness band stands out from the pack thanks to its year-long battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.



BEST FOR BASEBALL: EASTON POWER SENSOR, \$150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed on-screen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, \$150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber for less risky blows to the head and red when the hit is hard enough to merit getting that noggin looked at.



Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRIUM, \$150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.



Dov Charney



Dov Charney
THE ASSOCIATED PRESS FILE

American Apparel founder fights back

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998.

Charney was able to increase his stake through a partnership with financial firm Standard General, which is loaning him the money. But the board is scrambling to make its own moves to keep him out. **THE ASSOCIATED PRESS**

Dating app

Tinder co-founder hit with sexual harassment suit

IAC/InterActiveCorp has suspended a co-founder of its popular dating app Tinder in the wake of a lawsuit accusing him of sexually harassing a female executive of the company.

The lawsuit, filed Monday in Los Angeles Superior Court, claims that Tinder's founders engaged in "atrocious sexual harassment and sex discrimination" of the woman, Whitney Wolfe. Wolfe, also a co-founder, was the face of West Hollywood, Calif.-based Tinder's marketing efforts to young women, according to the suit.

The lawsuit paints Wolfe as instrumental in shaping Tinder, including coming up with the name after CEO Sean Rad proposed to call it Tender. **THE ASSOCIATED PRESS**

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U.S. Birth-control coverage fight turns store owner into 'hero' for religious right

David Green felt like the black sheep of his family. His five other siblings had followed their preacher father into church work; David went into retail.

But as his business successes mounted, he found his religious calling: using the financial might from his Hobby Lobby arts and crafts chain as an engine for evangelism.

That mission, until recent years carried out largely within the world of Pentecostal Christianity, took the 72-year-old Green all the way to a landmark victory Monday at the U.S. Supreme Court over the birth-control coverage rule in President Barack Obama's

health-care overhaul.

"They'll be heroes to the very conservative religious people who are very much against abortion," said Vinson Synan, a friend of the Greens and a prominent scholar of Pentecostal history at Regent University.

The justices ruled 5-4 that requiring closely-held companies such as Hobby Lobby to pay for methods of women's contraception to which they object violates the corporations' religious freedom. It was the first time the high court has declared that businesses can hold religious views under federal law in the U.S.

THE ASSOCIATED PRESS



Rev. Bruce Prescott, left, applauds during a vigil outside a Hobby Lobby store in Edmond, Okla., on Monday. SUE OGRICKI/THE ASSOCIATED PRESS

WELCOME TO FACEBORG

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds. "They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see, the more positive your posts will be. And as you might expect, negativity breeds negativity.

We found out only because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hind-



JUST SAYIN'
Paul Sullivan
metronews.ca

sight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page. So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naive to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to

ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO



Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's

wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "'Why don't you do something on the First World War?' he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres.

"I'm delighted by this project," said Sacco, according to Le Figaro.

"I really believe in public art exhibition, because art is, by its nature, public." **THEGUARDIAN.COM**

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

- Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.
- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly-planned UN operations during the Bosnian conflict.

DRAWNANDQUARTERLY.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 4 in News, page 8 in Scene, page 10 in Life and page 14 in Sports

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MetroTube

The put-on-your-pants dance



ANDREW FIFIELD
andrew.fifield@metronews.ca

Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)



SCREENGRAB

2 SCENE

Sarandon on the road again with Tammy

In the grandmother scheme of things.

Thelma and Louise star compares notes on her new film vehicle



**NED
EHRBAR**
Metro in Hollywood

Twenty-five years after *Thelma and Louise*, Susan Sarandon is taking a different kind of on-screen road trip with *Tammy*. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like *Ping Pong Summer*. And even this, though it stars Melissa McCarthy, is from a first-time director.

Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do *Ping Pong Summer*. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to *Thelma and Louise* at all?

You know, it's so funny that we didn't think of *Thelma and Louise*. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming. We were so focused on what was going on. And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting,



Susan Sarandon and Melissa McCarthy in *Tammy*. CONTRIBUTED

First-time director

Falcone in a Pearl of a jam

Tammy director Ben Falcone might be a first-timer, but he knows enough to pad his bench with some veteran talent, including Susan Sarandon, Kathy Bates and the film's star — and Falcone's wife — Melissa McCarthy.

You've created quite an interesting grandmother with Susan's character. Isn't she great? Obviously she's one of the best actors

and I said, "Are you sure you want to do that? We're about to have another anniversary for *Thelma and Louise*, and I think there's going to be a

lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took

**AUGMENTED
REALITY**

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!



→ See the full instructions on Metro's Voices page.

the car away! But while we were filming it didn't actually come up. Maybe because it wasn't as cool as a car, I don't know.

Or as serious a story. Right. Although I don't know, I think of *Thelma and Louise* as being funny up and until the end.

DVD review

300: Rise of an Empire

Director. Noam Murro

Stars. Gerard Butler, Eva Green

The mere existence of *300: Rise of an Empire* is worthy of note, since Gerard Butler's Spartan King Leonidas and his men achieved "a beautiful victory" but sadly lost their heads in the original film. In what is neither prequel nor sequel (maybe we should call it equal), we meet the secret weapon of *Rise of an Empire*: Women. This highly stylized account, drawn as before from a graphic novel by Frank Miller but under the direction this time of Israel's Noam Murro, has a vibrant lead in Eva Green, playing Artemisia, commander of the Persian navy, who dresses Goth, but acts Amazon. Packing two lethal blades, she's great, giving *Rise of an Empire* some badly needed energy.

Winter's Tale

Director. Akiva Goldsman

Stars. Colin Farrell, Russell Crowe

Akiva Goldsman turned the silk purse that is author Mark Helprin's original prose and storytelling into the sow's ear of this misbegotten screen adaptation. Enduring this soppy muddle is like being forced to listen at length to a crazy person at a street corner read out old Hallmark greeting cards. Major plot omissions leave us scratching our heads over many things, such as why Colin Farrell's orphan thief character Peter Lake is so hated by Russell Crowe's demonic Pearly Soames, who grunts with a bad Irish accent.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The apple doesn't fall too far from the tree

MELINDA
TAUB

Metro in New York City

Hey guys! Got a case of the back-to-work blues? Here's something to put things in perspective, namely a chilling reminder that addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself.

Robert Downey Jr.'s son

was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passenger in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on \$10,000 US bail.

Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Biebs gets friendly with model

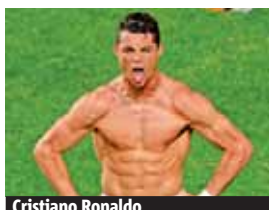


Selena Gomez

Selena Gomez may not like this. Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa.

Here's one way to meet your soccer hero



Cristiano Ronaldo

Cristiano Ronaldo got quite the surprise last week when he returned to his hotel room in Brasilia, Brazil to find a 15-year-old boy waiting in his bed, according to Globo Esporte.

The fan, Yago Leal, evaded security and gained access to the suite via the balcony, waiting for Ronaldo to return on the eve of Portugal's World Cup match against Ghana.

Leal tells the newspaper that Ronaldo posed for a photo and signed an autograph.

Gigandet remembers O.C. cast as 'miserable' while guest starring on show

Outside of minesweeping in Afghanistan, being a guest star on a teen drama in its third or fourth season has to be one of the worst jobs there is.

By then, everyone seems to hate each other and the show and the fact that they're not movie stars yet (the things we've heard about the latter days of Gossip Girl would curl your hair), and outsiders are bound to get caught in the crossfire.

That's what Cam Gigandet claims happened to him when he guest starred on The O.C. "Ben McKenzie was kind of mean to me. I hadn't done anything at that point and he was a little bit of an ass," he told Elle. "But I love him. I think he's a great actor and I love Southland."

Apparently, McKenzie wasn't the only one making trouble. "I learned a lot. But the things that I remember now — none of them are good. It was only the third or fourth season. Those kids were f—king miserable. They were just — they would not remember their lines on



Cam Gigandet ALL PHOTOS GETTY IMAGES

purpose. They were young," Gigandet says.

The only one who escapes Gigandet's scolding is, surprisingly, Mischa Barton — Gigandet doesn't

remember her being there at all. Maybe this is all a big misunderstanding and Cam means someone named Ben was mean to him in the actual O.C.

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Tuesday July 8 at 8:30 p.m.

AIRLINER BLUES BAND
Wednesday July 9 at 8:30 p.m.

THREE TIMES LUCKY
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Why not try some island hopping in New York City?

Day tripping.

Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

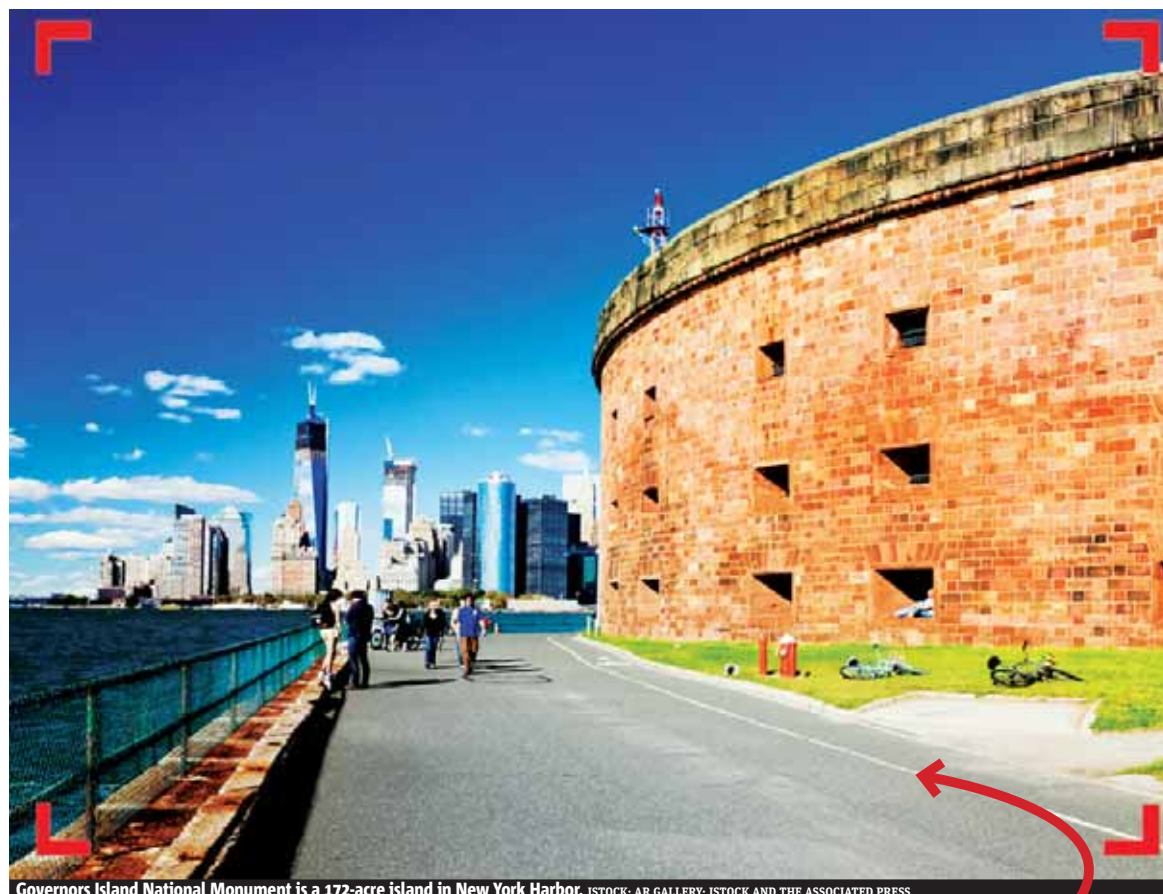
Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water.

Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811.

The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree.

It takes less than an hour to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry



Governors Island National Monument is a 172-acre island in New York Harbor. ISTOCK; AR GALLERY; ISTOCK AND THE ASSOCIATED PRESS

or rent bikes, tandem bikes and surreys on the island.

The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, \$2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, \$2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with



Sightseers ride the aerial tramway from Roosevelt Island to NYC. ISTOCK

great views of Manhattan across the way.

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks at like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s.

The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in

1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time."

An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the

Empire State Building, United Nations, Chrysler Building and 1 World Trade Center.

The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.



Oh Canada! We're one quirky nation



ON THE MOVE
Loren Christie
life@metronews.ca

In honour of Canada's 147th birthday, I thought it would be fun to celebrate our quirky side by testing your knowledge of our country's most unique tourist destinations.

1) Which province is home to the world's largest Ukrainian Easter egg, badminton racket and piggy bank?
a) Manitoba
b) Prince Edward Island
c) Alberta

2) At the top of Whistler, B.C.'s Peak Express Chair there is a collection of what popular child's toy?
a) Rubber ducks
b) Teddy bears
c) Gameboys

3) At Domaine Pourki on the Richelieu River, just 35 minutes from Montreal, you can stay overnight on the water sleeping in what kind of accommodation?
a) Igloos

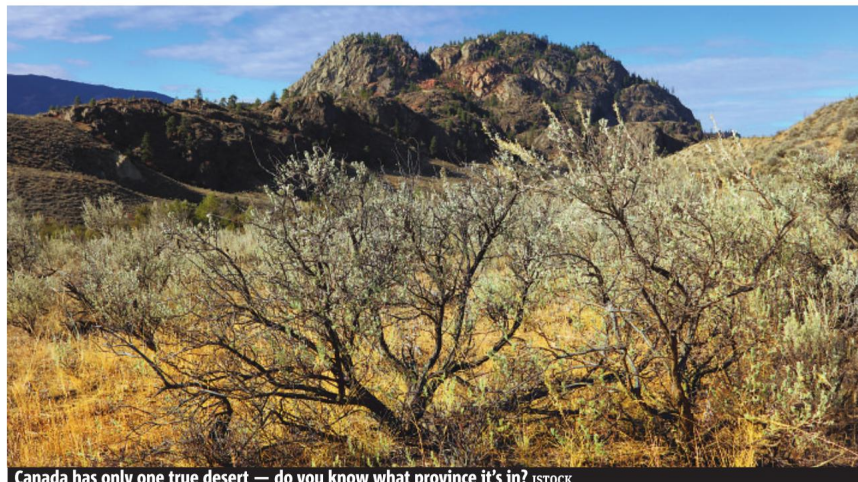
b) Teepees
c) Tents

4) Which province is home to the towns of Heart's Delight, Heart's Desire and Heart's Content?
a) Newfoundland
b) New Brunswick
c) Ontario

5) Which Alberta town has become a pilgrimage site for thousands of Star Trek fans?
a) Kirkville
b) Klingon
c) Vulcan

6) The Glass House on the East Shore of Kootenay Lake in British Columbia was built from more than half a million discarded glass bottles. What did they once contain?
a) Milk
b) Mountain Dew
c) Embalming fluid

7) Crooked Bush near Hafford, Sask. is a group of wild aspen trees that twist, loop and bend into a surreal looking forest. University research has concluded this is a result of:
a) A genetic mutation



Canada has only one true desert — do you know what province it's in? iStock

b) Clay in the soil
c) Strong winds

8) In which province can you grab a coffee or bite at one of these fancifully named establishments: The Dancing Goat, The Laughing Whale, The Dancing Moose or The Prissy Pig?
a) Quebec
b) Alberta
c) Nova Scotia

9) Old City Hall in which city is an architectural oddity that contains references to the Masonic order, Celtic mythology and some less than flattering images of the sitting mayor (at the time of construction) by the architect, E.J. Lennox?
a) Winnipeg
b) Toronto
c) Charlottetown

10) Which province is home to Canada's only true desert, complete with sagebrush, cacti and tarantulas?
a) British Columbia
b) Newfoundland
c) Ontario

Answers: 1-c, 2-a, 3-b, 4-a, 5-c, 6-c, 7-a, 8-c, 9-b, 10-a

Bucket list

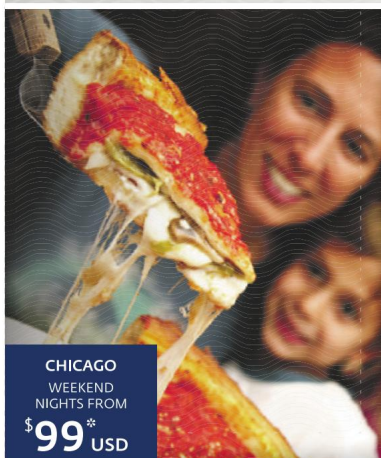


A wander through the Azores

The nine islands that make up the archipelago of the Azores used to be one of Europe's best-kept secrets. Lush and green despite being made up of 1,766 volcanoes, this autonomous region within the Portuguese state has made great gains since the 1970s, when it was still a relatively poor fishing outpost. Island life in the Azores teems with opportunities for visitors to sail, dive, go deep-sea fishing and explore more than 120 geotourism sites — everything from volcanic caves and ravines to hot springs. The best time to go is August and September. Check out flights from Toronto or Montreal to Ponta Delgada via SATA airlines at sata.pt.

DOUG WALLACE/METRO

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Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN MARINIGH
TalentEgg.ca

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

Not being prepared

This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

you, be ready well in advance.

Double-check you have good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up (notebook, resumé, job description, etc.).

Not acting professional

Remember that every interview is a professional undertaking, even if it isn't conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person interaction.

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Do not eat or drink during your interview, and



Put yourself in professional mode when chatting to your potential employer by picking yourself up out of bed and docking yourself at a desk. iSTOCK

make sure that you are in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you are using the phone for an interview — this way, you won't get your parents picking it up in another room,

awkwardly interrupting.

Other things that can help put you in the professional mindset include sitting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively

Just like you would in an in-person interview, ask questions. Always have a list prepared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get a better idea of the work environment, and whether you could see yourself

working there.

Don't forget to close by thanking the interviewer before saying goodbye.

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Twitter

TalentEgg #QuestionoftheDay: Everyone has a childhood dream job for when they "grow up." What was yours?

@SamBoucher24 ●●●●●
Ballerina-still like to dance!

@KayyAyy ●●●●●
News Anchor!

@Recruit_Campus ●●●●●
Can't remember...I'm too old (losing my memory) but I am doing my dream job now @ RBC4Students!

@thatsomanpreet ●●●●●
Actress/ Talk Show Host

@amreenazam ●●●●●
I always dreamed about being an engineer! (inspired by my dad)

@RisaTran ●●●●●
my childhood dream job was a Marine Biologist, thanks to Free Willy of course. #QuestionOfTheDay

Tightening the professional chain on LinkedIn

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A quality LinkedIn profile is arguably just as useful as a great cover letter and resumé. This is especially true if you're looking to network and build your personal brand.

Yet many would-be hires are making simple LinkedIn mistakes without even realizing it.

Avoid all of that and prepare to impress future employers instead.

Here are two common LinkedIn 'Don't's' and advice on how you can build your online presence.

A lacklustre headline

Your profile needs a solid and engaging headline; it's the first thing people see

after your photo.

By default, your headline will appear as the title of your current position. Avoid this.

Think of the terms that future employers may be searching for when looking for someone with your skills. Do some research to get started.

Don't try and write the perfect headline in one go — brainstorm ideas and write as many as you can before fine-tuning and making your decision.

Staying silent

Like any social media platform or networking resource, you need to invest time and energy in LinkedIn

to see results.

While your employment information may not change on a regular basis, you should update your status and get involved on LinkedIn on a regular basis.

You can share valuable and interesting articles you read, comment in LinkedIn group discussions, and share your input on other people's statuses.

This activity keeps you on the radar of those inside and outside of your network and builds your presence in other people's newsfeeds.

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Enjoy dinner out in the open

Open-Face Chicken Sandwich. This simple meal is not only filling, but offers up a wide range of textures that will make it a favourite



DINNER EXPRESS
Emily Richards
food@metronews.ca

This sandwich used to be a big favourite when I worked in restaurants. Packed with fibre and spiked with a tangy spread, it will keep you going for the rest of the evening.

Besides, in the hot summer weather, sandwiches are a great dinner option.

Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal.

To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Make the most of summer by keeping cool in the kitchen and enjoying delicious food outside.

Also, try grilling up some extra chicken one night to enjoy another time.

It takes no effort at all to have extra protein grilling while dinner is being prepared so you can plan ahead for the next night or even a fabulous lunch.

1. Sandwich Spread: In a small bowl, stir together the Greek yogurt balsamic vinegar, cooked and finely chopped egg, minced

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Cooking tips

- **Grill Option:** Place baking sheet over medium high heat on the grill; close lid until cheese melts.
- **Keep it healthy:** Using Greek yogurt instead of mayo helps keep this sandwich spread low in fat but adds great protein.
- **Speed it up:** For a quick option, pick up a coleslaw mix instead of shredding your own cabbage.

Ingredients

Sandwich Spread

- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich

- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss cheese



**START TO FINISH
ABOUT 20
MINUTES**

This recipe makes four servings. EMILY RICHARDS

bell pepper and Worcestershire sauce. Divide evenly among bread and spread.

Top with chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place the prepared sandwiches on a baking sheet and bake them in 400 F (200

C) oven for about 10 minutes or until the cheese melts and bread is slightly toasted.

Defining 'hearty salad'

1. Heat a grill to high. Set a perforated grilling pan on the grill directly over the heat source.

2. In a small bowl, whisk

together the lemon juice, 2 tablespoons of the olive oil, the garlic, oregano, cumin, salt and pepper. Set aside.

3. In a medium bowl, com-

bine the onion, bell pepper, chickpeas, garlic powder, smoked paprika and 1 tablespoon of oil, tossing to coat evenly. When the grilling pan is very hot, transfer the mixture to the pan. Cook, stirring often, until the onions and peppers are lightly browned and tender, 8 to 10 minutes. Transfer the mixture to a clean serving bowl. Set aside.

4. In a bowl, toss the croutons with the remaining 1 tablespoon of oil. Place the croutons directly on the grill grate. Cook, turning often, until lightly browned and crisp. Use tongs to transfer



This Grilled Chickpea Salad with Red Onion and Sourdough serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

the croutons to the bowl of chickpeas and vegetables. Add the arugula, then toss

well to slightly wilt the arugula. Drizzle the dressing over the salad, then toss

again to coat. Divide between 6 serving plates.

THE ASSOCIATED PRESS

Ingredients

- Juice of 1 lemon
- 4 tbsp olive oil, divided
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 large red onion, cut into thin rounds

- 1 large red bell pepper, cored and cut into strips
- 15-oz can chickpeas, drained
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 loaf (about 19 ounces) sour dough bread, cut into 2-inch croutons
- 5-oz container arugula

U.S. sub-marined by Belgian onslaught

World Cup. American 'keeper's 16 saves not enough as Belgium finally breaks through in wild extra-time clash

Kevin De Bruyne turned a heroic night for U.S. goalkeeper Tim Howard into defeat on Tuesday, with an extra-time goal and an assist that gave Belgium a 2-1 victory and a quarter-final match against Lionel Messi and Argentina.

With three extra-time goals in a thrilling match, De Bruyne and substitute Romelu Lukaku gave Belgium a big lead before Julian Green closed the gap with 12 minutes to go.

"For my heart, please don't give me too many games like this," said Belgium coach Marc Wilmots.

Belgium's unyielding attacks for 90 minutes on Tuesday only highlighted the great performance of the 35-year-old Howard, but the U.S. finally wilted in the evening heat once extra time came.

Three minutes in, Lukaku found space on the right and passed into the centre. At first, the ball was poked out before De Bruyne gained possession. Belgium's creative genius had the energy for a sharp move and his low shot missed the yellow foot of Howard and settled inside the post.

"The levee is going to break at some point," said Howard.

In the 105th minute, Bel-



U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. LAURENCE GRIFFITHS/GETTY IMAGES

Round of 16

2

Belgium

1

U.S.

- Belgium had been criticized for its low scoring rate but it was not for want of trying on Tuesday. The team had 27 shots on Howard, compared to nine for the United States.

gium looked like it had put the game away. De Bruyne launched Lukaku into open space on the left and the Everton striker beat his club teammate Howard with a drive to the near post.

The Americans got late hope when Green pulled one back in the 107th with a sterling volley on the turn that Thibaut Courtois could only touch before he saw it fly into his net.

With almost no work at all in 120 minutes, Courtois turned out to be more decisive than Howard had been,

AUGMENTED REALITY

→ Scan the image with your Metro News App to view more images of Tuesday's action.

→ See the full instructions on Metro's Voices page.



stopping a late flurry for the equalizer from the Americans. **THE ASSOCIATED PRESS**

Argentina-Swiss. Messi sent an Angel in Rio



Angel Di Maria scored deep into extra time Tuesday to give Argentina a 1-0 win over Switzerland and a spot in the World Cup quarter-finals.

With a penalty shootout looming, Lionel Messi made a surging run toward the Swiss area in the 118th minute and laid the ball off to Di Maria on the right.

Lionel Messi jumps on Argentina goal scorer Angel di Maria on Tuesday.

JULIAN FINNEY/GETTY IMAGES

The winger struck a left-foot shot past diving goalkeeper Diego Benaglio, prompting the Argentine bench to jump out on the field to celebrate the goal.

Swiss substitute Blerim Dzemaili nearly equalized right before the end but his header hit the post, and the rebound bounced off his knee and wide of the goal.

The result at Sao Paulo's Itaquero Stadium continued Argentina's record of scraping by with narrow wins at this World Cup.

THE ASSOCIATED PRESS

Game of inches



"We know that this could happen to us, but we gave

our souls out there on the pitch, we fought with our lives for each ball and we ended up as the winners."

Tuesday's hero for Argentina, Angel di Maria

NHL free agency

Iggy moves to Mile High City in search of a cup

Jarome Iginla felt a little more youthful on his 37th birthday even as he became the old man of the Colorado Avalanche.

He's energized by the challenge of not only trying to keep up with the likes of speedy forward Nathan MacKinnon, who is half Iginla's age, but also of helping this rising squad take another step in its growth.

"I don't want to be arrogant, but I still believe I can be very good," said Iginla, who celebrated his birthday Tuesday by signing a three-year, \$16 million deal with Colorado. "And this is a dynamic group. I think they work hard and they're committed, and they're just going to keep getting better and better." **THE ASSOCIATED PRESS**

In Vancouver

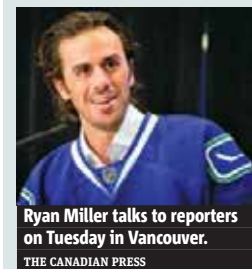
Canucks sign veteran G Miller

The Vancouver Canucks acquired a much-needed veteran goalie Tuesday, signing free agent Ryan Miller to a three-year deal worth \$18 million US.

The Canucks needed a proven netminder after trading Cory Schneider and Roberto Luongo in the past 13 months and missing the playoffs this season. Miller was seen as the best goalie on the free-agent market.

"I felt it was important to get a goalie with experience," said Canucks general manager Jim Benning. "Over the years he's played a lot of games. He gives us that experience that we need."

THE CANADIAN PRESS



Ryan Miller talks to reporters on Tuesday in Vancouver. **THE CANADIAN PRESS**

More online

Go to metronews.ca for more coverage of Tuesday's wild start to NHL free agency.



Raonic, Bouchard advance to quarters

Wimbledon. Canadian players' paths made easier by early upsets

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era, which began in 1968.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a 7-6 (5), 5-7, 7-6 (5), 6-2 win later Tuesday.

Bouchard made her way there on Monday with a defeat of Alizé Cornet. She will face



Milos Raonic celebrates winning a point against Kei Nishikori, Tuesday.
SANG TAN/THE ASSOCIATED PRESS

off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova 7-6 (7-4), 4-6, 6-4, winning on a seventh match point.

Bouchard hammered Kerber in the French Open fourth

round a month ago.

"The match against Bouchard will be a tough one," said Kerber. "I lost against her in Paris, but I'm feeling right now better and I'm feeling better on grass."

Raonic laid down 34 aces in his victory over Nishikori, who is coached by former French Open winner Michael Chang. Raonic broke three times, saved five break points against his serve and ended with 64 winners in the comprehensive victory.

"I've been serving in general well this tournament, and even throughout the clay court season," said Raonic. "But obviously here it sort of gets exemplified a little bit more. It's a little bit more on display."

In men's doubles, veteran Daniel Nestor of Toronto and Serbian partner Nenad Zimonjic reached the quarter-finals over Pablo Cuevas of Uruguay and David Marrero of Spain 7-6 (8), 6-4, 6-4.

THE CANADIAN PRESS



Hutch clutch on Canada Day

Blue Jays right fielder Jose Bautista hits a solo homer off Milwaukee Brewers pitcher Marco Estrada in Toronto on Tuesday. Drew Hutchison had a season-high 10 strikeouts over seven innings as the Jays ended a three-game losing skid with a 4-1 victory. CHRIS YOUNG/THE CANADIAN PRESS

NBA

Kidd enlisted to Buck losing trend

The Milwaukee Bucks hired Jason Kidd as coach on Tuesday after completing a deal with the Brooklyn Nets.

The Bucks sent the Nets two second-round picks for Kidd, who went 44-38 in his only season as Brooklyn coach.

Milwaukee fired Larry Drew on Monday after reaching the deal with Kidd. Drew went 15-67, the worst record in the league, in his only season guiding the Bucks. THE ASSOCIATED PRESS

NBA

Cavs' Irving inks 5-year extension

Cleveland kept its momentum rolling Tuesday after drafting Canadian Andrew Wiggins by getting All-Star point guard Kyrie Irving to agree to a five-year, \$90 million contract extension. "I'm here for the long haul Cleveland!!!! And I'm ecstatic!!!" Irving tweeted.

THE ASSOCIATED PRESS

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2015 Ford Fiesta ST

- **Type.** Five-door, front-wheel-drive subcompact hatchback
- **Engines (hp).** 1.6-litre inline four-cylinder (197)
- **Transmission.** Six-speed manual
- **Base price.** \$26,064

Market position

Well-known European “hot hatch” now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford’s global performance badge.

Points

- One of the quickest “little” cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground than other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km



The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

PHOTOS: MIKE GOETZ



Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It’s a completely different animal.

MIKE
GOETZ
drive@metronews.ca

The Ford Fiesta ST is a great “hot hatch” in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our new five-door ST doesn’t look

quite as cool as Europe’s new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Block.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in “hurt your eyes” red. These seats are super firm and have huge side bolsters.

The ST is the most expen-



The ST features a 6.5-inch LCD screen and an 80-watt stereo.

sive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is

available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain

Compare

PHOTOS: CONTRIBUTED



1 Fiat 500 Abarth
Base price: \$26,190
Fiat 500’s performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.



2 Mini Cooper S
Base price: \$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.



3 Chevrolet Sonic RS
Base price: \$25,645
Not in the same performance league as the others, but lots of bang for the buck.

sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff “summer” performance tires can’t help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

Shift: See world in a new way with glasses that identify charging stations, tomatoes as car parts

You say tomato, I say saucy car parts

Ford and Heinz are studying the potential use of turning waste tomato peel into vehicle parts, reports emerging technologies website Gizmag. Their investigation stems from Heinz's attempts to find new uses for byproducts (peel, stems and seeds) that go to waste when turning tomatoes into ketchup. Waste savings could be significant, given that Heinz turns more than two million tonnes of tomatoes into ketchup every year. The basic process to make vehicle parts involves crushing the peel into pulp before turning it into tomato fibre pellets and mixing with other undisclosed materials. The result is completely odourless, though researchers report that it does smell like pizza during the moulding process.



When Heinz makes ketchup, it doesn't use the peels. Could they be turned into vehicle parts?

ALL PHOTOS AND TEXT WHEELBASE MEDIA

Honolulu site of most congested highway in U.S.: Google Maps

The most congested highway in the United States isn't in California, nor is it in New Jersey, as one might expect, even if California roadways occupy three of the top five places. According to Google Maps it's in the most unlikely of paradises: Interstate H-1E, Kalihi-Palama in Honolulu, Hawaii. Hellish on the best of days, the Honolulu highway tops Google's lists of most congested roads and cities in all the United States. California holds spots two and three with Interstate 5N in San Diego and California 2E in Los Angeles and rounds out No. 5 with U.S. Highway 101 Hollywood. The top five most congested cities are Honolulu, Chicago, Ill., New York City, N.Y., Los Angeles, Calif., and Boston, Mass., respectively.



While Hawaii is a tropical paradise, getting around Honolulu on the island of Oahu is the opposite of paradise.

Shift points

- The Union of Concerned Scientists found that 42 per cent of U.S. households with a vehicle could meet their driving needs using one of the electric cars currently available.
- A new app for the Google Glass wearable computer by software developer SemaConnect helps electric-vehicle drivers find places to re-charge. It allows drivers to locate the nearest charge station within about 30 kilometres, then finds it through turn-by-turn directions.



Google Glass.



+

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Public electric charging stations are rare in most parts of the country. JIL MCINTOSH

Why aren't more of us driving alternative-powered vehicles?

Greener cars. Lack of fuelling stations, high costs keep people driving gas guzzlers

JIL
MCINTOSH
drive@metronews.ca

As gas prices rise, and environmental issues become more pressing, automakers are working to produce the most fuel-efficient vehicles possible, including those that use batteries or alternative fuels. Even so, we haven't yet seen large numbers of these actually on the road, which could delay more high-tech cars in the future.

"I believe that all roads lead to electric, but those roads are extremely long and very winding," says automotive industry analyst Dennis DesRosiers. "Rarely is the consumer willing to pay more to get less, and the only way you get rid of compromise is through technology."

There are issues that have kept many alternative vehicles from becoming more popular, including lack of infrastructure. Gas stations are usually no more than a few kilometres apart, and in a pinch, you can fill a gas can and rescue a car that's run out of fuel. By contrast, public electric-car charging stations are rare in most parts of the country. Most people who own battery-powered cars charge them at home, but those in downtown condominiums — and whose driving habits often make them the most likely candidates for these vehicles, ironically enough — may not have charging facilities in their buildings.

Other alternatives, such as biofuel, hydrogen, natural gas or propane can be even more difficult to find. These fuels suffer from a "chicken-and-egg" issue: companies don't build more refuelling stations because there are very few cars that need them, and so people don't buy the cars because there's

no place to fill them up.

Cost is a similarly self-perpetuating concern. New-technology vehicles are usually more expensive, primarily because they're not produced in the large, cost-efficient volumes that help bring prices down, but their high prices mean they're not selling in the large numbers that would help make them more affordable.

No one knows which alternatives will dominate in the future, so automakers have to stretch their research and development budgets over numerous technologies to be ready for market trends, instead of more efficiently focusing on just a few.

DesRosiers says automakers have done an impressive job of reducing critical air contaminant emissions, such as sulphur dioxide and soot, but greenhouse gases continue to be an issue. "Each time the vehicle company improves fuel efficiency, which lowers greenhouse gases, the consumer moves to a more powerful vehicle," he says. "At some point, the government is going to have to say to consumers that if you want to address climate change, you have to change your vehicle buying habits."

Alternative options

Electric cars have been around since the late 1800s, but their batteries have always been the key issue. A longer driving range requires a bigger, more expensive battery.

- Hydrogen fuel cell vehicles are actually electric cars that make their own electricity with their on-board hydrogen supply.

- Fuel economy on 2015 models may seem worse, but it's due to Natural Resources Canada introducing more realistic five-cycle vehicle testing.

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Horoscopes

Aries

March 21 - April 20

You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

Taurus

April 21 - May 21

Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

Gemini

May 22 - June 21

You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

Cancer

June 22 - July 23

For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

Leo

July 24 - Aug. 23

Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

Virgo

Aug. 24 - Sept. 23

What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

Libra

Sept. 24 - Oct. 23

Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

Scorpio

Oct. 24 - Nov. 22

You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

Sagittarius

Nov. 23 - Dec. 21

Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

Capricorn

Dec. 22 - Jan. 20

What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

Aquarius

Jan. 21 - Feb. 19

Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

Pisces

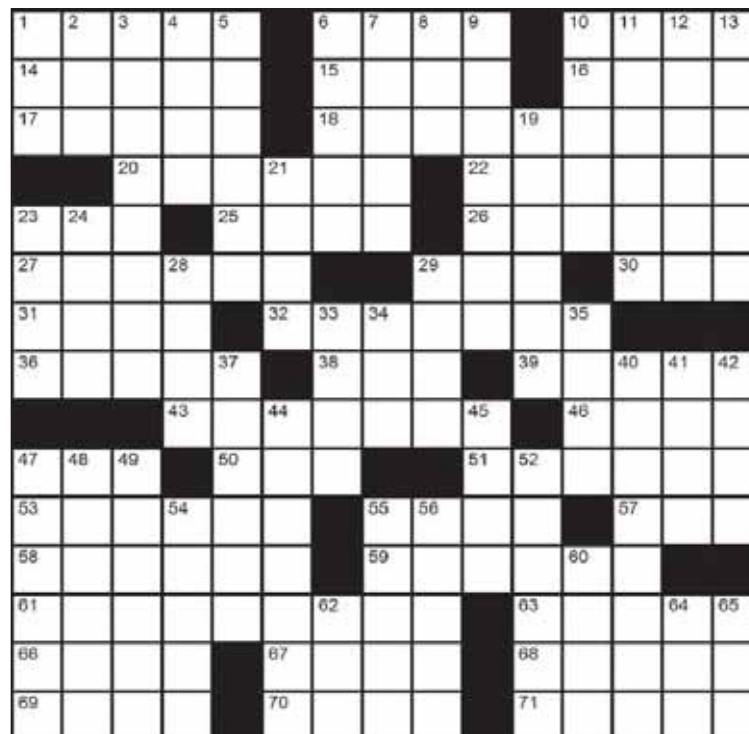
Feb. 20 - March 20

Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Fast food gig, colloquially
- "___ surprised as you!"
- Group
- Tacky
- "America's Got Talent" host Mr. Cannon
- 'Chick' suffix
- Divvy up
- ___ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
- Warders at the Tower of London
- Looked
- Play part
- Broad
- One of Canada's 'Famous Five', Irene ___ (b.1868 - d.1965)
- Brings forth
- Ms. Streep, to pals
- 'Lion' suffix
- Magazine like Glamour
- Distinctly
- Curious sort
- Dinghy director
- Like a lotus position
- Aquatic bird
- Baie-D'___ (Montreal suburb)
- ___ Lanka
- Sixers
- From longest ago
- Soldier-to-Sergeant reply: 2 wds.



- Concept
- ___-hoo!
- Squashes
- P.K. ___ (Montreal Canadiens player)
- Largest mammal: 2 wds.
- Honda car
- Certain cheers
- Mr. Hershisier

- Guitar ___
- Vega constellation
- Drenches
- Cranky

Down

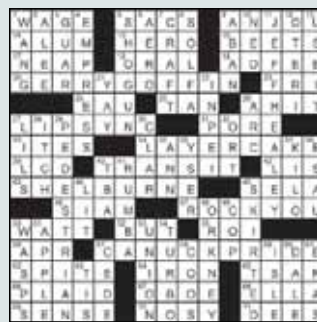
- Booker T.'s backup
- Pen part
- "Guns + Ammunition" is by what To-

- ronto band?: 2 wds.
- Garfield's pal
- Ottawa, formerly
- ___ a deal
- Global TV's "Rookie Blue" actor, Travis ___
- Expert
- "Gilligan's Island" character
- Canadian journal-

- ist Morley
- Gertrude ___ (1926 English Channel swimmer)
- Hollywood's humans
- 26th Pres. Mr. Roosevelt's
- Almost
- Catchall category,

- curtly
- On the ocean
- Mil. ranks
- "Pee-___ Big Adventure" (1985)
- Crumbly soil
- Bonfire needs
- Perrier, par exemple
- "___ better believe it!"
- Critique
- ___ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
- "Assuming that's true...": 2 wds.
- Tip to 'logy' (Study of whales and dolphins)
- Snowbirds display: 2 wds.
- Songstress Lisa
- Icon
- Truly
- Royal Canadian Mint, coins-___
- Canadian brewer
- "___ Lady" by Tom Jones
- Little land-on-water
- Sword fights
- Missed ___ (Thespian's mistake)
- "Right you ___!"
- Soak flax
- 'Diction' suffix-ean contraction

Monday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	6	8	3	2

8			4		1	3		
	9		8	5	7			
				2				
	7	3			9		1	
6							3	
9		2			4	8		
			9					
		5		3	7		6	
	1	9		8				4

Today

30°/14°
Partly cloudy

Thursday

24°/13°
Showers
40%

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will be 14 days from now.
Check the 14 day trend.

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100 firefighters, 14 trucks tackle matter... Olivia Chow's bus pledge recalls a 'plain'

JULY 2 - 10

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8 DAYS ONLY, ZERO TIME TO WASTE



2014 RAM 1500 QUAD CAB SXT 4X4
\$26,595 FINANCE FOR **\$150 @ 3.99%**
BI-WEEKLY! FOR 96 MONTHS WITH \$0 DOWN
 PURCHASE PRICE INCLUDES \$8,500 CONSUMER CASH,* \$1,500 BONUS CASH**
 FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.*

\$1,500 BONUS CASH**

IF YOU ARE A LICENSED TRADESMAN OR IF YOU CURRENTLY OWN ANY PICKUP TRUCK

STEP UP TO EVEN MORE VALUE

MORE COMFORT – 40 INCHES OF REAR LEG ROOM
MORE STORAGE – CLASS-EXCLUSIVE IN-FLOOR & FRONT SEAT FLOOR BINS
MORE CHOICES – 5.7-FT OR 6.4-FT BOX AVAILABLE

2014 RAM 1500 CREW CAB SXT 4X4
 WITH CLASS IV RECEIVER HITCH

FINANCE FOR

\$170 @ 3.99%
BI-WEEKLY! FOR 96 MONTHS WITH \$0 DOWN



\$1,500 BONUS CASH**

IF YOU ARE A LICENSED TRADESMAN OR IF YOU CURRENTLY OWN ANY PICKUP TRUCK



NOW AVAILABLE

RAM 1500 ECODIESEL WITH UP TO **40 MPG HWY***
BEST FUEL ECONOMY OF ANY PICKUP EVER**

\$1,500 BONUS CASH**
IF YOU ARE A LICENSED TRADESMAN OR IF YOU CURRENTLY OWN ANY PICKUP TRUCK



GREAT OFFERS ON A 2014 RAM HEAVY DUTY
 CANADA'S BEST-SELLING, LONGEST-LASTING DIESEL PICKUP*

BEST-IN-CLASS TOWING†
30,000 LB
5,300 LB MORE THAN THE CLOSEST COMPETITOR*

NO CHARGE CUMMINS TURBO DIESEL ENGINE
\$9,345 VALUE

*Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

RAMTRUCKOFFERS.CA

GUTS • GLORY RAM

Wise customers read the fine print: ♦, *, **, † The One Big Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers between July 2 and 10, 2014. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ♦\$10,000 in Total Discounts is available on the new 2014 Ram 1500 Quad Cab 4x4 SXT model and consists of \$8,500 Consumer Cash Discount and \$1,500 Bonus Cash. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. **\$1,500 Ram Truck Loyalty/Conquest Bonus Cash is available to qualified customers on the retail purchase/lease of any 2013/2014 Ram 2500/3500 models (excluding Cab & Chassis models) and 2014 Ram 1500 (excludes Reg Cab models) and is deducted from the negotiated price after taxes. Eligible customers include current owners/lessees of a Dodge or Ram pickup truck or any other manufacturer's pickup truck. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before July 1, 2014. Proof of ownership/lease agreement will be required. Additional eligible customers include licensed tradesmen and those working towards Skilled Trade certification. Some conditions apply. See your retailer for complete details. †3.99% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2014 Ram 1500 Quad Cab 4x4 SXT (25A+AGR)/2014 Ram 1500 Crew Cab 4x4 SXT (25A+AGR+XFH) with a Purchase Price of \$26,595/\$30,173, with a \$0 down payment, financed at 3.99% for 96 months equals 208 bi-weekly payments of \$150/\$170 with a cost of borrowing of \$4,514/\$5,121 and a total obligation of \$31,108.81/\$35,294.08. **Based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2014 Ram 1500 4x2 model with 3.0L EcoDiesel V6 and 8-speed automatic – Hwy: 7.1 L/100 km (40 MPG) and City: 10.2 L/100 km (28 MPG). ♦♦With as low as 7.1 L/100 km (40 MPG) highway. †Best-selling based on IHS Automotive: Polk Canadian new vehicle registrations through October 2013 for large diesel pickups under 14,000 lbs GVW. †Longevity based on IHS Automotive: Polk Canadian Vehicles In Operation data as of July 1, 2013, for model years 1994-2013 for all large pickups sold and available in Canada over the last 20 years. †Based on 3500/3500 pickups. When properly equipped. ††The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE
CARAVAN KIDS
PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA